





Vegan Parmesan Cheese

By Donna Green Goodman, MPH

Ingredients

- 1 cup raw unsalted cashews
- 4 tablespoons nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt

Instructions

- 1. Using a food processor or spice/coffee grinder, blend all ingredients together into a powder.
- 2. Store in the fridge for up to three weeks.